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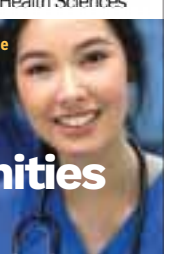
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# THE GRA\$\$ IS GREENER

It's official — New York City, by far, consumes the most marijuana in the world. Now, experts are shedding light on just how much money the state could cash in on if bud were taxed at the average U.S. cannabis tax level. 4

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## WELCOME TO METRO.US

KRISTIN TOUSSAINT, REPORTER

More and more municipalities are changing their feelings toward marijuana, with Massachusetts having legalized weed completely and New York officials saying they'll look into doing the same. For those in support of legalization, there's a clear benefit: the tax revenue. A new study breaks down just how much individual cities could benefit by looking at how much weed costs per gram and how much pot certain cities consume. Check out those findings (and see the biggest stoner city) inside on page 4 and at [metro.us](http://metro.us).



## AFTER TURBULENT YEAR, TRUMP URGES 'COMMON GROUND,' COOPERATION IN STATE OF THE UNION

President Donald Trump on Tuesday urged bitterly divided Republicans and Democrats to work toward compromises on immigration and infrastructure after a bruising year of partisan battles that centered on Trump's leadership. "Tonight, I call upon all of us to set aside our differences, to seek out common ground, and to summon the unity we need to deliver for the people we were elected to serve," Trump said in his first State

of the Union address, delivered in the chamber of the House of Representatives. Trump used the speech to try to demonstrate presidential leadership and overcome doubts about his presidency at a time when he is battling a probe into his campaign's alleged ties to Russia and suffering low approval ratings. Trump took credit for economic gains. "Since the election, we have created 2.4 million new jobs, including 200,000 new

jobs in manufacturing alone. After years of wage stagnation, we are finally seeing rising wages. ... This is our new American moment. There has never been a better time to start living the American Dream," he said. Facing a deadline on immigration reform and strong Democratic opposition, Trump called for the type of cooperation between Republicans and Democrats that has eluded him during a rocky first year in office. Trump's

speech came as Americans voice doubts about his fitness for office. A Gallup poll said Trump had an average job approval in 2017 of 38 percent, the lowest first-year rating for any president. Gallup said that was nearly 20 points lower than the 57 percent averaged by Barack Obama. Trump's current approval rating is also 38 percent. That is alarming to Republicans seeking to maintain control of Congress in midterm elections in November.



### PRESIDENT TRUMP ADDRESSES THE NATION

2 President Donald Trump stands at the podium as Vice President Mike Pence (L) and Speaker of the House Rep. Paul Ryan (R-VI) look on during the State of the Union address on Tuesday. This is the first State of the Union address given by President Trump and his second joint-session address to Congress.

GETTY IMAGES

## JUDGE BLASTS TRUMP'S 'VICIOUS' COMMENTS

3 A U.S. judge on Tuesday said he could not ignore what he called "vicious" comments about Latinos made by President Donald Trump as he considers whether to block the president's decision to end a program that protects immigrants brought to the United States illegally as children from deportation. District Judge Nicholas Garaufis said at a hearing in Brooklyn that the Republican president's

comments could be evidence that his September decision to rescind the Deferred Action for Childhood Arrivals program, or DACA, was motivated by Trump's "animus" toward Latinos, violating the U.S. Constitution's guarantee of equal protection under the law. "In this country, in over 230 years, this is not ordinary," Garaufis said, referring to Trump's comments on Twitter and elsewhere. "It's extreme. It's recurring. It's vicious."

## 'GLEE' ACTOR DIES BEFORE SENTENCING

4 Mark Salling, an actor who played a supporting role in the TV show "Glee," has died at age 35, his attorney said on Tuesday, weeks before his March sentencing on child pornography charges. Salling's attorney, Michael Proctor, confirmed the death but would not comment on a report on celebrity website TMZ that said law enforcement sources called it an apparent suicide. Proctor also did not immediately provide the

cause of death. "I can confirm that Mark Salling passed away early this morning," Proctor said in a statement. Police and the Los Angeles County Coroner's Office confirmed that a body had been found in Los Angeles but would not immediately identify it. Salling was arrested in 2015 after he showed child pornography on his computer to a girlfriend and she reported it to police, according to the U.S. Department of Justice.

## DEMS CRITICIZE LACK OF RUSSIA SANCTIONS

5 Democratic lawmakers criticized President Donald Trump on Tuesday for not immediately imposing sanctions on Russia, accusing him of being soft on his Russian counterpart, Vladimir Putin. The Trump administration said on Monday it would not impose sanctions for now under a law Congress overwhelmingly passed last year to punish Moscow for meddling in the 2016 U.S. presidential elec-

tion. As required by the law, the administration published a list of Russian oligarchs who could be sanctioned. Two senior Democratic senators said the sanctions should have come immediately. "Throughout his term in office, President Trump has failed time and time again to stand up to Vladimir Putin, despite the assault that he carried out on our democracy in the 2016 election," Sen. Chuck Schumer said.

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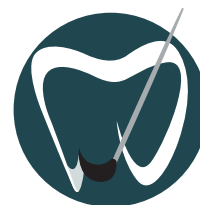
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# Here's how much marijuana costs in cities across the country



KRISTIN TOUSSAINT  
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And how much tax revenue a city could gain by legalizing marijuana.

There's a pretty big benefit to making recreational weed legal, and it's not like your stoner friends will stop talking about the need to legalize it. It's the new revenue source from marijuana taxes — an untapped stream, many say, turning the already-in-place marijuana market into a social benefit.

But every city's cannabis economy is different, with varying price points per gram and thus different possible tax benefits.

Seedo, a company that manufactures in-home hydroponic devices, so you can grow your own marijuana (or vegetables) yourself, recently released a report trying to break down what exactly that benefit would be by city.

Called the "2018 Cannabis Price Index" Seedo's report broke down weed prices in 120 cities around the world, including 13 in the United States, in order to calculate how much tax revenue those cities could gain from recreational legalization.

The study looked at cities where

marijuana is illegal, legal and partially legal and found the price-per-gram through crowdsourced city-level surveys and data from the United Nations Office on Drugs and Crime's World Drug Report.

So which city has the most expensive marijuana? Of all the cities Seedo looked at, Tokyo, Japan (where marijuana is illegal), was the most expensive at \$32.66 per gram. In the U.S., Washington, D.C., which has partial legality, has the most expensive weed at \$18.08 per gram.

Second for just the U.S. cities was Chicago at \$11.46 per gram, followed by Philadelphia at \$11.30 per gram, Boston at \$11.01 per gram and New York City at \$10.76 per gram for the top five cities with the most expensive marijuana.

Marijuana is partially legal in all those cities except Boston, where pot is completely legal.

The U.S. city with the cheapest weed, according to this report, is Seattle, where it's fully legal and costs \$7.58 per gram. The cheapest city globally is Quito, Ecuador, where marijuana costs \$1.34 per gram and is partially legal.

Seedo also looked at how much cannabis is consumed in these cities. Out of all 120 cities researched, New



A new study shows how much marijuana costs in different cities, and how much that city could make by taxing that weed. GETTY IMAGES

York came in at No. 1 for the most marijuana consumption, with residents there taking in total 77.44 metric tons per year.

That's far above the No. 2 spot, which went to Karachi, Pakistan, which has a population of 21.2 million (compared to New York City's 8.5 million). Marijuana is completely illegal in Karachi, yet that city still consumes 41.95 metric tons annually.

"That illegal cannabis use is so high in countries that still carry the death penalty, such as Pakistan and Egypt, those in power ought to see how desperately new legislation is needed," said Uri Zeevi, CMO at Seedo, in a statement. "By remov-

ing the criminal element from marijuana, governments will then be able to more safely regulate production, take away power from underground gangs, and as we've shown in this study, generate huge tax revenues."

To figure out how much in potential taxes a city could make off of legalizing weed, Seedo looked at the average percentage marijuana is currently taxed in U.S. cities where it's legalized. (It also calculated another option, as if marijuana were taxed the same as the most popular brand of cigarettes.)

"This study has revealed some incredible

**BY THE NUMBERS**

**77.44**  
METRIC TONS

New York City has the highest consumption level in the study at 77.44 metric tons of cannabis consumed per year.

**\$156**  
MILLION

Seedo predicted that NYC could make \$156.4 million in potential tax revenue per year at the average U.S. cannabis tax level.

insights into the kind of tax revenue that legalizing weed could generate," Zeevi added. "Take New York City for instance, which has the highest consumption level in the study at 77.44 metric tons of cannabis per year. If they taxed marijuana at

the average U.S. cannabis tax level, the city could make \$156.4 million in potential tax revenue per year. This is equivalent to providing nearly three months worth of free school meals to every single public school kid in New York City."

**PIANO BATTLE**  
ANDREAS KERN vs. PAUL CIBIS

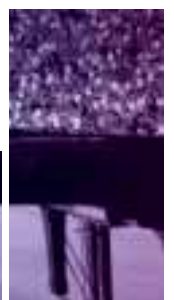
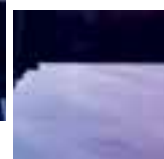


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# Is Freedom of Religion Protected in South Korea?

*Peaceful Protests in the Republic of Korea for Non Peaceful Violations of Human Rights*



Gwang Ju, South Korea - Protesters advocating for laws to protect freedom of religion and the end to forced conversion education

Gwang Ju, South Korea - Large scale protests are being held and organized in Gwang Ju, South Korea to shed light on an extreme religious conversion practice taking place in South Korea. On 29 December 2017 a South Korean woman in her twenties was found dead while being held captive at a secluded recreational lodge in Hwasun, Jeonnam, South Korea. Her parents are believed to be responsible for inciting a group of Christian religious leaders to engage her in a forced conversion education that ultimately lead to her death.

Earlier in 2016 the victim was allegedly abducted and held captive for 44 days undergoing an extreme religious conversion

program. After that time, she began to lobby for the freedom of religion- a mandate of the Constitution of the Republic of Korea. In June of 2017 she urged South Korean President Moon Jae-in, a former human rights lawyer to shut down the Korean Cult Counseling Center (KCCC)- a committee geared towards eliminating non-mainstream Christian groups in South Korea. The victim was advocating for a law to legally penalize acts of harassment performed during the conversion education.

The process of conversion education has been reported to typically include three main steps. First, convincing family members that a specific member is in a cult. Second, instructing the family to abduct, confine, and restrain the victim. Third, religious leaders providing long hours of education to confirm the victims' religious standing to be mainstream, all the while



Gwang Ju, South Korea - Procession in remembrance of forced conversion education victim

collecting education fees from family members.

All liabilities that may occur during the education are assigned to the family of the victim. One criticism of the program is that the religious leaders themselves incur no liability while engaging in practices that would otherwise lead to legal issues.

A protest was held last week to honor the victim. Thousands of people flooded the streets of the province of Gwang Ju to shed light to the recent events and to urge the global village to continue to advocate for the protection of human rights despite religion or creed.

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A report looked into the affect Airbnb has had on New York City's housing market. ISTOCK

## Airbnb took away up to 13,500 units from NYC housing market: Report



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A report looked at short-term-rental site Airbnb's impact on New York City housing and rents.

New York City officials have been against Airbnb for a while, saying the

short-term-rental sites violate laws and threaten residents' "quality of life."

Now, a new report by others who oppose the rental website details just how the presence of Airbnb has affected the city.

Airbnb in New York City has led to a median rent increase of \$380 a year, according to the report conducted by a researcher at McGill University in Montreal and commissioned by the Hotel Trades Council, a New York hotel workers union.

McGill urban-planning professor David Wachsmuth headed the analysis, called "The High Cost of Short-Term Rentals." The report was co-sponsored by New York City housing and tenant advocacy groups.

Wachsmuth and his team looked at Airbnb activity in New York over the past three years, from September 2014 to August 2017.

Researchers found that between 7,000 and 13,500 long-term housing units have been removed from the city's rental market because of Airbnb.

That reduction in the city's housing supply means rents have gone up, according to the report. Though the median increase was \$380 per year, some neighborhoods in Manhattan saw a rent increase of \$700 or more, researchers said.

Under New York state law, entire-apartment Airbnb listings are illegal (for periods fewer than 30 days) and yet, according to this report, entire-apartment listings account for 75 percent of the total Airbnb revenue

in New York City and 51 percent of the total Airbnb listings here.

Researchers estimate that 87 percent of New York City entire-home listings are illegal, and thus 45 percent of all Airbnb reservations in the city and two-thirds of all Airbnb revenue is from likely illegal listings.

There are also about 4,700 "ghost hotels," per the report, which researchers define as private-room listings that are actually many rooms in a single apartment.

These listings have taken away 1,400 units from the city's housing market, "and are a new tactic for commercial Airbnb operators to avoid regulatory scrutiny," researchers say.

Airbnb disputed these findings, citing issues with the report's methodology. None of the booking data, including how long listings were booked or for how much money, came from the company itself, but from a third-party site.

"Airbnb supports legislation that would restrict home sharing to one single home, which would finally allow enforcement to focus on illegal-hotel operators while protecting regular New Yorkers who are trying to make some extra money to live in a city that gets more expensive by the year," said Josh Meltzer, head of northeast policy at Airbnb, in a statement. "The comprehensive legislation being considered in Albany would protect public safety and target bad actors operating illegal hotels, while allowing responsible hosts to continue to share their primary home."

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# Probe ordered for Karolyi Ranch after Larry Nassar scandal



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The former home of USA Gymnastics in Texas will be under investigation.

Texas Gov. Greg Abbott has ordered a state criminal probe into whether some of former US Gymnastics doctor Larry Nassar victims were abused at the Karolyi Ranch in Huntsville, Texas, as first reported by the Associated Press.

"The public statements made by athletes who previously trained at the Karolyi Ranch are gut-wrenching," Abbott said in a statement Tuesday. "Those athletes, as well as all Texans, deserve to know that no stone is left unturned to ensure that the allegations are thoroughly vetted and the perpetrators and enablers of any such misconduct are brought to justice. The people of Texas demand and the victims deserve nothing less."

The Karolyi Ranch, owned by famed gymnastics coaches Bela and Marta Karolyi, was once the training center for the United States national team from 2001-2018 and considered an elite place for aspiring gymnasts to train. It was permanently

## 175

NASSAR WAS SENTENCED TO 175 YEARS IN PRISON FOR CRIMINAL SEXUAL MISCONDUCT.

closed a day after Nassar was sentenced to 175 years in prison for criminal sexual conduct that saw him abuse over 150 women and girls.

During the weeklong sentencing hearing that saw many of Nassar's victims step forward and provide impact statements, the Karolyi Ranch came up in multiple testimonies, most notably from Mattie Larson as she described the culture inside the facility as one that saw these young athletes as almost subhuman.

"The closest civilization is a high-security prison 30 miles away," Larson said. "On top of that, there is no cell service. It's completely isolated ... that is no mistake. The complete detachment from the outside world and careless and neglectful adults made it the perfect environment for abusers and neglecters to thrive."

Before the ranch announced its closing, U.S. Gymnastics cut ties with the facility during the sentencing hearing.

Nassar worked as the national team's medical coordinator for more than two decades, assuming the role in 1996. He joined U.S. Gymnastics

10 years prior while still at Michigan State University, which is also under heavy scrutiny after Nassar's crimes came to light.



The Karolyi Ranch was closed down last week. GETTY IMAGES

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*"Those athletes, as well as all Texans, deserve to know that no stone is left unturned to ensure that the allegations are thoroughly vetted. ... The people of Texas demand and the victims deserve nothing less."*

Gov. Greg Abbott



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New York – The phone lines are ringing off the hook.

"It's like a modern day 'Gold Rush,'" said Mary Ellen Withrow, the emeritus 40th Treasurer of the United States of America.

"Everyone wants to get their hands on the first and only New York State Silver 100's now being handed over to New York residents at just the state minimum set by the private Federated Mint before they're all gone," Withrow said.

"But don't bother calling local banks and credit unions because they can't even get their hands on these never before seen New York State Silver 100's," Withrow said.

That's because these valuable, proof finish New York State Silver 100's are not being released and minted by the U.S. Gov't. That's right; they're being released directly to the first 17,544 New York residents who beat the 48 hour order deadline exclusively from

the vaults of the private Federated Mint.

"But you better hurry because these full one ounce New York State Silver 100's are struck in high relief .999 solid silver proof finish and will always be a valuable precious metal which is why everyone is snapping up as many as they can before they're all gone," Withrow said.

"As Executive Advisor to the Federated Mint I get paid to deliver breaking news. So if you're a resident of the state of New York you better call 1-866-637-3509 Ext.FMP595 right away because only the first 17,544 callers are guaranteed to get these valuable New York State Silver 100's at just the \$99 state minimum set by the Federated Mint," Withrow said.

"Here's my advice. Don't wait to call. Pick up the phone right now and get as many of the new New York State Silver 100's as you can before they're all gone," said Withrow. ■

## New New York State Silver 100's handed over to state residents

*New York residents who find their zip code listed at right and are among the first 17,544 callers who beat the 48 hour order deadline are guaranteed to get the first and only New York State Silver 100's at just the state minimum set for New York residents*

### NON-STATE RESIDENTS

Residents living outside the state of New York must pay double the state minimum for the New York State Silver 100's

New York – The vaults at the Federated Mint are nearly empty.

"We can barely keep up with all the orders," said Mary Ellen Withrow, the emeritus 40th Treasurer of the United States of America.

That's because the first and only New York State Silver 100's in existence are actually being handed over at just the state minimum set by the private Federated Mint to the first 17,544 New York residents who find their zip code printed in today's publication.

The only thing residents need to do is call the Toll Free Hotlines before the 48 hour order deadline ends.

Everyone who does is getting individual New York State Silver 100's at just the state minimum of \$99 set by the Federated Mint. That's why everyone should be taking full Vault Stacks (pictured in the bottom right hand corner of today's newspaper) each loaded with three New York State Silver 100's before they're all gone.

And here's the best part. New York residents lucky enough to be among the first callers to claim the entire 50 State Silver 100's Collection", pictured bottom left, are also getting 20 State Silver 100's absolutely free.

"I'm advising everyone in

*(Continued on next page)*



■ **NEW YORK RESIDENTS GET 20 STATE SILVER 100'S FREE:** Pictured above is the never before seen entire 50 State Silver 100's Collection" shown off by officials from the Federated Mint that everyone is trying to get. Lucky New York residents who are among the first 17,544 callers who beat the 48 hour order deadline to claim the 50 State Silver 100's Collection are actually getting 20 State Silver 100's absolutely free, the custom made State Treasury Display Chest is \$285, but it's absolutely free for New York residents plus free shipping and free handling too. That means New York residents cover just the \$99 state minimum set by the Federated Mint for the remaining 30 State Silver 100's which is a real steal because it's saving every New York resident over two thousand dollars today.



(Continued from previous page)

New York who finds the first three digits of their zip code on today's Distribution List to get to their phones right now because the new New York State Silver 100's are only being released to the first 17,544 callers," Withrow said.

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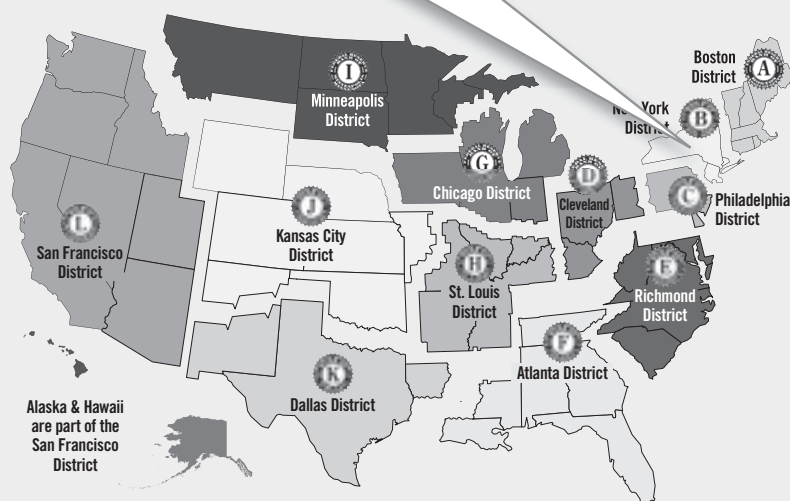
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The Toll Free Hotlines open at precisely 8:30am this morning for New York residents only. If lines are busy keep trying, all calls will be answered. If you miss the deadline you'll be turned away from this offer and forced to wait for future announcements in this publication or others, if any.

The first 17,544 New York residents who find the first three digits of their zip code on today's Distribution List above and call before the 48 hour deadline ends are authorized to get individual New York State Silver 100's

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■ **WHAT EVERYONE WANTS:** Pictured left reveals for the very first time the valuable New York State Silver 100's struck in high relief .999 pure fine silver loaded inside each Vault Stack. Pictured right are the Vault Stacks containing three of the only New York State Silver 100's known to exist. Residents who find their zip code listed above are authorized to get individual New York State Silver 100's at just \$99 state resident minimum set by the Federated Mint. That's why everyone should be taking full Vault Stacks each loaded with three New York State Silver 100's before they're all gone. And here's the best part. Every New York resident who gets at least two Vault Stacks is also getting free shipping and free handling too. That's a real steal because all non-state residents must pay over six hundred dollars for each Vault Stack.

# Immigration advocate Ravi Ragbir released from ICE detention



KRISTIN TOUSSAINT  
kristin.toussaint@metro.us

The New York City-based activist was set to attend Tuesday night's State of the Union.

New York City immigrant rights activist Ravi Ragbir has been released from Immigration and Customs Enforcement detention and is returning home.

Ragbir, executive director of faith-based immigrant rights group The New Sanctuary Coalition of New York City, was detained on Jan. 11 at a routine check-in with ICE officials. That action spurred a rally by immigrant advocates at which 18 people, including two New York City councilors,



Immigration activist Ravi Ragbir pictured at a demonstration last March. GETTY IMAGES

were arrested.

Ragbir was released Monday evening following a federal court decision. His case was processed at 26 Federal Plaza and afterward, an ICE officer brought Ragbir to Judson Memorial Church around 8 p.m., immigrant advocates said, where some of his supporters gathered to welcome him. "I am thrilled to be

home with my family and loved ones, and I know that it is due to the extraordinary community and legal support that I am privileged to have," Ragbir said in a statement. "We have a struggle in front of us, but it is through our collective commitment to justice that human rights and happiness will persevere."

Ragbir and his wife, Amy Gottlieb, traveled to Washington on Tuesday to attend the State of the Union as guests of New York Rep. Nydia Velazquez.

"Ravi and I are so gratified by Judge Forrest's order to release him and that she recognized that his detention was unconstitutional," said Gottlieb, also an immigrant rights advocate with American Friends Service Committee, in a statement.

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## Melania's travel for 3 months cost nearly twice what Michelle Obama spent yearly

In the three months before she moved to the White House, Melania Trump spent \$675,000 on trips aboard Air Force jets — more than twice what her predecessor Michelle Obama spent in an average year.

The first lady used the jets to take 48 flights after President Donald Trump's inauguration, in the three-month period when she lived in New York while son Barron Trump finished the school year, the Wall Street Journal reported. The flights were taken between New York City, Florida and Washington.

The Journal noted that there's no evidence the first lady's trips were improper. But they were historically expensive. Michelle Obama's travel over eight years cost \$2.8 million, averaging about \$350,000 annually.

During the Obama administration, Donald



There's no evidence that the first lady's trips were improper, but they were historically expensive. GETTY IMAGES

Trump often complained on Twitter about the first couple's travel — particularly the first lady's. "They love to spend money," he tweeted about Michelle Obama's 2010 trip to Spain with one of her daughters. He tweeted several times about Michelle Obama's 2012 ski trip, which cost about \$83,000 for Secret Service protection, travel and accommodations.

"It is no secret that Mrs. Trump lived in New York City the first few months of the ad-

ministration so that her son could finish school. The trips mentioned in this story are examples of Mrs. Trump juggling dual roles — putting her son first while also fulfilling some of her duties as first lady," Stephanie Grisham, a spokeswoman for Melania Trump, told the Journal.

Some of Melania Trump's flights were more expensive than others: She flew 27 times on jets based at Joint Base Andrews, which made special trips to transport the first lady without other passengers. Air Force spokesperson Erika Yepsen said that the Air Force works "diligently to ensure it acts as a good steward of taxpayers' money while meeting the requirements of every mission it's assigned regardless of where the mission occurs, what the mission is or who the mission supports." MICHAEL MARTIN



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# **Can This Medical Technology Possibly Eliminate Or**

## ***The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know***

**NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.**

**Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.**

If you suffer with back, neck or nerve pain, you have probably already tried *many* treatments ... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

### **Are there any better options?**

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

*An option that a lot of back and neck pain sufferers may have never heard of before.*

Before we get into these

treatments, please understand this...

*NYC Pain MD* is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

**Know this fact:** There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

**Radiofrequency Neurotomy** "Radiofrequency Neurotomy" is often referred to as RF for short. Just what is "RF".

RF is a procedure that is based on the concept that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves and slow down the pain

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease

pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

### **What Results Can You Expect?**

Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

### **How Long Do The Results Last?**

This procedure "impairs" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months... 12 months.... 18 months for some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

While we cannot claim this is a complete "permanent cure" . . . it can be a godsend for so many who were in constant pain.

Really... what would it be worth if you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be

able to finally get a good night's sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

### **Is It Safe?**

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and *is not surgical*.

### **Who Should Try This Treatment?**

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

***RF has also been found effective AFTER back surgery when patient's still feel pain.***

*The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.*

### **What To Do Next If You Are In Pain And The "X" Factor**

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

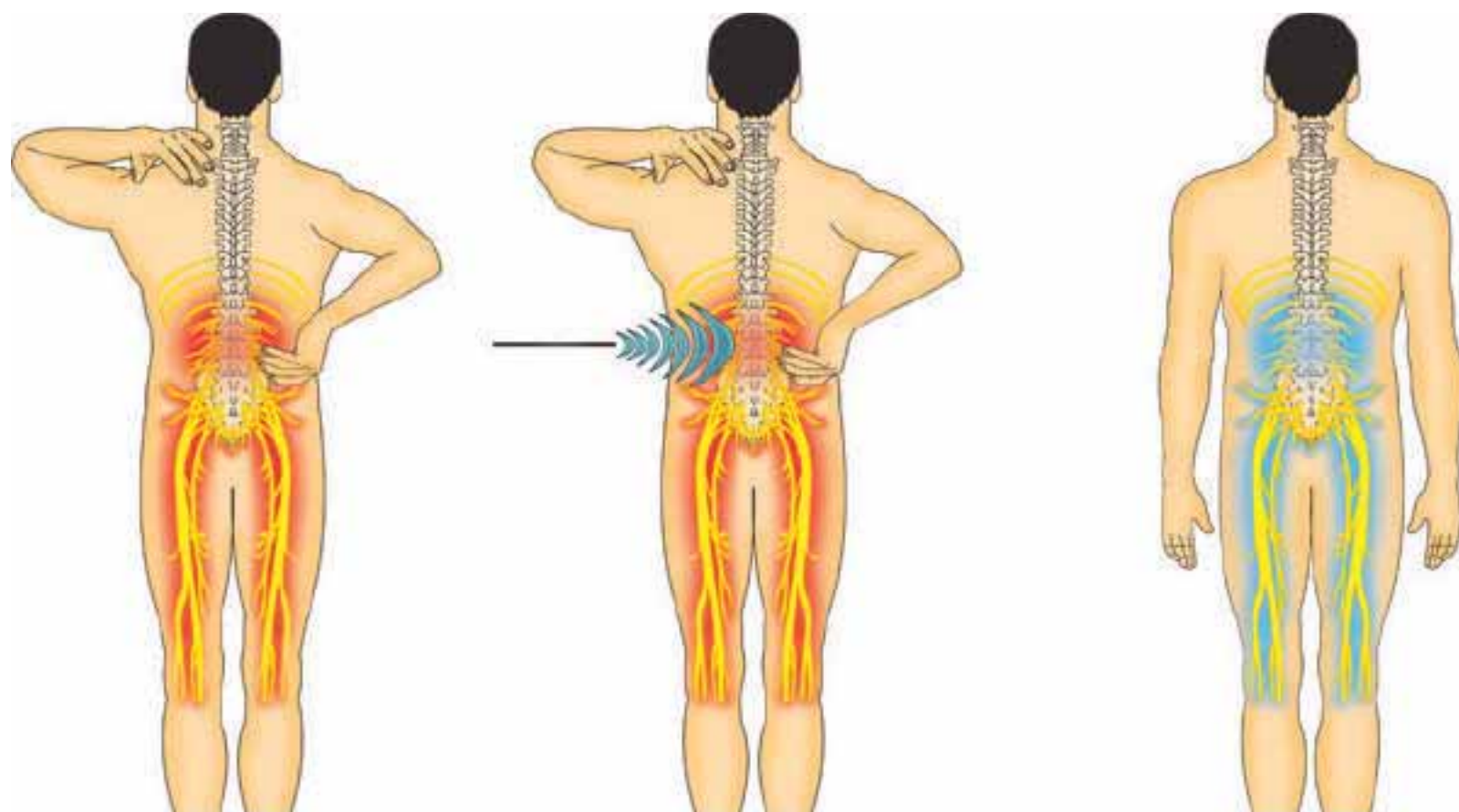
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**Science rescues back & neck pain sufferers?:** Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many

*NYC Pain MD's* method allows you to avoid expensive hospital or out patient surgery-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in our in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this

additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at their advanced medical center.

### **Your Invitation**

*NYC Pain MD* offers limited number of complimentary back and neck pain screenings every month. These screenings are a way for pain sufferers to get some of their questions answered and see if they are candidate for one of the cutting-

edge treatments offered at *NYC Pain MD*. If you would like complimentary screening, just call 877-503-8540 and tell the scheduling co-ordinator who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

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1. DiMeo PJ. Psychosocial and Relationship Issues in Men with Erectile Dysfunction. Urologic Nursing. 2006 Dec; 26(6): 442-453. 4. Viagra Prescribing Information, Revised January 2010. 5. Cialis Prescribing Information, Revised October 2011. 6. Levitra Prescribing Information, Revised November 2011.

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## Officials: Election date should be changed due to holiday



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Rosh Hashanah ends on Sept. 11, the date this year's primary election will be held in New York state.



With the 2018 primary election falling on the final day of Rosh Hashanah, officials in New York City are urging the state legislature to change the date. GETTY IMAGES

All eyes will be on the 2018 election season as its results will impact President Trump's administration and the country's political landscape, what with the House of Representatives, a third of the Senate and 36 governorships all at stake.

But a portion of New York voters may not be able to take part in the state's primary election on Sept. 11, which will drive the Nov. 6 general election, due to religious obligations.

Rosh Hashanah, the first of the Jewish high holy days of 2018, begins the evening of Sunday, Sept. 9 and concludes on primary night.

To ensure that the state's Jewish population will be able to make it to the polls, several New York City officials are calling for state legislators to change the date of the primary election.

"Voting is our most basic democratic right and our most powerful tool to make our voices heard,"

Public Advocate Letitia James said in a statement. "Asking New Yorkers to choose between observing their faith and exercising this basic civil right is fundamentally undemocratic. I urge the Legislature to recognize that the ability to exercise this right is essential to our democracy and will work to move primary day."

Comptroller Scott Stringer seconded James' sentiment, saying in a separate statement that "New Yorkers should never have to choose between voting and observing their faith. ... At a time when voter engagement is exceptionally low, New York needs to do better by rescheduling the primary, so no New Yorker has to sacrifice fulfilling one's civic duty because of adherence to one's faith."

Because election days are decided by statute,

the change must come from New York state legislature, which last changed primary day in 2007 when the election fell on the sixth anniversary of the Sept. 11 terror attacks.

"Bills have been introduced in both houses, and I expect they will move to pass and the governor will sign," John Conklin, director of public information for the state Board of Elections, told Metro Tuesday.

While he had no ETA as to when the official decision would be made, Conklin expects it will occur quickly so county boards have enough time to prepare for the change.

If approved as anticipated, "I expect the impact to be minimal," Conklin said, and added that it's likely the primary will take place two days later on Thursday, Sept. 13.



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# Meghan Markle: The *'it'* girl of Buckingham Palace

How Prince Harry's beloved is already blowing up the retail industry.



LUZ LANCHEROS  
MWN  
letters@metro.us

Since the announcement of her engagement to Prince Harry, Meghan Markle has proved she can blend her sartorial vision with what's appropriate for the British royal family. And she's already proving to be a retail phenomenon with a huge impact on the fashion industry.

Case in point? A coat she wore at a public event with Prince Harry from Mackage sold out quickly afterward. Same with a pair of Mother Denim jeans: after Markle was seen wearing them, searches for the royal denim increased 60% on Google. The



Meghan Markle, a star among us. GETTY IMAGES

explains Dawnn Karen of Fashion Psychology Institute.

Cristina Maag, blogger and creator of Front Row, agrees. "This is a new moment for the royal family," she says. "Women feel empowered to dress as Meghan. After Princess Diana, she's the first person in the royal family with whom women can identify."

"Excuse me?" says Kate Middleton (in our heads). Maag notes that Meghan's looks are more modern than Kate's, and she wears what a typical (wealthy) woman might choose for her own wardrobe. She has the Michelle Obama effect, as the former FLOTUS affected everyday women with her style and personality.

"[Meghan] is the most modern woman of their story," Maag continues. "She's the 'it' girl of Buckingham Palace."

white coat by Line The Label she wore for her engagement announcement is now called "The Meghan." Versions of a Strathberry tote bag she once carried are now being resold on eBay for

\$2,350. And it looks like she's just getting started.

"Though she still appears as a relatable everyday woman, she's infusing who she is internally with her new role externally as a royal,"

## 4 of Meghan Markle's *"must have"* pieces:

Line the Label coat  
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Strathberry bag  
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# The writing process ... as a podcast

Screenwriter John August gives Metro an intimate look at story creation (and storytelling).



**GREGORY WAKEMAN**  
Gregory.Wakeman@metro.us

John August remembers the moment he knew he wanted to be a writer. "I was 4 years old and obsessed with my mom's typewriter," he tells us. "It was manual, so whenever I started to write a story, if I made a mistake, I'd have to change the story depending on whatever I had typed."

August still remembers the plot of his first story, too. "It was about a boy who was stranded in a hole on Mars. I've sort of been writing stories ever since."

And he's not kidding: The 47-year-old is the scribe behind a slew of huge Hollywood releases,



The "Big Fish" screenwriter's debut novel, "Arlo Finch In The Valley Of Fire" comes out Feb. 6. GETTY IMAGES

es, including "Go," "Big Fish," "Charlie And The Chocolate Factory" and the upcoming live-action version of "Aladdin."

Most recently, August penned his debut novel, "Arlo Finch in the Valley of Fire," out Feb. 6. In the meantime, he's started "Launch," a six-episode

podcast that chronicles his experience writing, selling and releasing "Arlo," all of which he narrates. And not much of that came naturally.

"It requires a kind of introspection that I'm not used to," he says. "You end up being vulnerable in ways that you never anticipated."

"With most of your writing you get to hide behind your characters. With the podcast, though, I'm literally just saying what I think. It felt like I was a monologist doing a one man show and the whole audience is looking at me, and I want

them to come on a journey. Or like I was a stand-up comic that's doing a set that's not particularly funny."

Along the way, the positives of writing a novel over a film became apparent for August.

"The challenge of screenwriting is it's just you and the words," he says. "In both writing 'Arlo Finch' as a book and making 'Launch,' which is just me whispering into your ear what I am doing, there's a different social contract: If you give me this amount of time and attention I will hopefully make it worth your while. You just have to

trust me."

The first two episodes of "Launch" are now available to download.

August doesn't know if he'll do any more series of the podcast (two new

"Arlo Finch" books are scheduled for release in February 2019 and 2020) but he expresses interests in writing more books, more movies — and mentions an interest in virtual reality, too. Which suggests that,

deep down inside, August is still just that same 4-year-old trying to figure out how to get a stranded boy off planet Mars.

Thankfully, now he has the entire might of Hollywood to help him.



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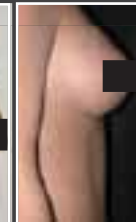
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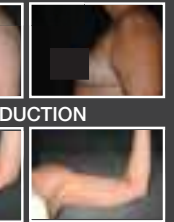
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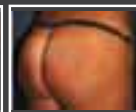
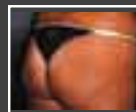
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# Music takes on new meaning for Black Rebel Motorcycle Club drummer

Leah Shapiro talks returning to music after brain surgery, BRMC's new album and more.



MATT JUUL  
matthew.juul@metro.us

Even after all these years, touring the country for live shows still means a lot to Leah Shapiro.

However, the Black Rebel Motorcycle Club drummer didn't realize how much she loved performing on stage until she was forced to briefly step away from music due to a recent battle with a serious brain condition called Chiari malformations.

Thanks to a successful crowdfunding campaign, Shapiro was able to have surgery in November of 2014, and quickly hit the road again for another tour just six months later.

"When I was finally more-or-less recovered, we went on tour in 2015 in Europe, which was almost like a therapeutic tour, to be honest," Shapiro tells Metro. "I had been disconnected from music for so long, and I had also been sitting with those thoughts of, 'Oh s-t, what if something goes wrong and I can't play anymore?' Those types of voices that tend to pop up in your head when things like that happen."

The rush of live perfor-



Black Rebel Motorcycle Club performs at Brooklyn Steel on Feb. 2. TESSA ANGUS

mances clearly rejuvenated the BRMC musician, who wasted no time getting back into the studio following that summer tour after surgery. The band went straight to work on their eighth studio album, "Wrong Creatures," their first record in five years, which hit stores


Jan. 12.

"Coming back from that tour, I was in better shape, for starters," Shapiro says. "I also finally had the right frame of mind to dig into the writing process, which can be very daunting at first because there's just so much work that needs to be done."

BRMC has been back on the road this winter in support of the new album and will rock out at Royale in Boston on Jan. 31 before heading to Brooklyn Steel for a show Feb. 2. For Shapiro, a former Northeastern and NYU student, she couldn't be happier to be back doing what she

loves.

"It's honestly been awesome to get back into the swing of things," Shapiro says. "I really needed it more than I thought while I was still going through recovery and whatnot. Being able to go out and play live again is a huge relief."



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Popular blogger Philly Food Girl shows us how to do it right.

with Philly food blogger Kass Dahlquist, aka, Philly Food Girl, who has oh, just a few opinions about how to do it right.

"First of all, they're called 'cheesesteaks,' not 'Philly cheesesteaks,'" she tells us. Oops! We stand corrected.

"Secondly, stop with the green peppers and chunks of meat. Not only is it blasphemy, but that's called a fajita."

According to Dahlquist, to make an authentic cheesesteak you need thin cuts of ribeye; Cheez Whiz from the jar or American from the deli (no prewrapped slices); and toppings such as onions, mushrooms, maybe cherry peppers if you're looking for spice. A note for the style guide: "Whiz Wit" = steak + Whiz + onions. "Whiz Witout" = steak + Whiz, no onions. "American Wit + shrooms," etc. FYI, "ketchup can be an area of contention but I'm all for it," she says.

Below, she shares her recipe for mini cheesesteaks, the perfect size for guests. Go Birds!

Follow Kass @PhillyFoodGirl or visit her site [phillyfoodgirl.com](http://phillyfoodgirl.com).

Big game on Sunday. Whether you'll be tuning in for the commercials — ahem, we are def watching for Tiffany Haddish's Groupon spot — JT's halftime routine as pop star-turned-lumbersexual, or, oh yeah, that back and forth with the pigskin, you gotta eat.

If you're hosting folks for the game or brainstorming a dish to bring over to a party, why not make something that represents the cities behind the teams? We've got you covered on how to make cheesesteaks, for those whose loyalties lie with the Birds (or, sorry, the Underdogs). If you wanna throw the Tom Brady stans a couple snacks, we recommend the cooking blog Two Sisters Crafting, where you'll find recipes like Rice Krispies treats shaped into red and blue Patriots jerseys.

For at-home cheesesteaks, we consulted

## Mini cheesesteak recipe

- 5 lbs. thin-cut ribeye, partially frozen
- 2 doz mini hoagie rolls
- ½ lb. American Cheese
- ½-¾ jar Cheez Whiz
- 2 large yellow onions, diced
- 16 oz fresh button mushrooms, sliced
- 1 jar cherry peppers
- Ketchup
- 4 tbs+ olive oil
- 2 tsp. Kosher salt
- 2 large containers to hold the meat: You can use chafing pans, slow-cookers or heated large bowls. If the meat gets too dry, add a little water to keep the cheese creamy.

Pan No. 3- Heat 1 tbsp olive oil and add the thin ribeye in a single layer on high heat to cook quickly until just cooked through. Remove from the pan and set aside in a large bowl. Continue this process until all the meat is cooked through. Add oil to the pan as needed, and drain any liquid that's leftover so the meat cooks and doesn't steam.

Drain any liquid left in the bowl with the meat. Add half of the meat back into the skillet and add American cheese over low heat until it melts through. Remove from heat, add to serving vessel and wipe pan clean. Add the second half of the meat and Cheez Whiz until melted through. Remove from heat and add to serving vessel.

Arrange the toppings in individual bowls so guests can build their cheesesteaks as they wish: onions, mushroom, peppers, ketchup. Serve alongside precut deli rolls.

Pan No. 1- Heat 2 tbsps olive oil and add the onions with 1 tsp salt. Cook on medium heat until translucent and brown on the edges.

Pan No. 2- Heat 1 tbsp olive oil and add the mushrooms with 1 tsp salt. Cook on medium heat until they just start to get browned.

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If the Giants don't want to draft a quarterback, Penn State running back Saquon Barkley will be available. GETTY IMAGES

# What will Giants do with No. 2 pick?

The team is in a position to draft a quarterback with the second pick, but will they do it?



JOE PANTORNO  
joseph.pantorno@metro.us

The only good thing that the New York Giants could have taken out of a 3-13 2017 season was that they were getting the No. 2 overall selection in the 2018 NFL draft.

With the legendary veteran quarterback Eli Manning's football mortality suddenly being called into question, which included his unceremonious benching by former head coach Ben McAdoo in Week 13, the initial general consensus was that the Giants would draft the 37-year-old's successor in April.

But new general manager Dave Gettleman and head coach Pat Shurmur have reaffirmed that Manning, who is signed through 2019, will be the Giants' starting quarterback for the 2018 season.

So hold up on watching those highlights of Sam Darnold, Josh Rosen and Josh Allen — three of the top quarterbacks in the draft — for a moment

because the Giants might be going in a different direction.

It's not like this team is devoid of other needs. An offensive line that made Manning's life a nightmare last season is in desperate need of an overhaul. The problem is, the linemen available on the free-agent market isn't exactly anything to write home about.

The Giants could use that No. 2 pick as a bargaining chip to acquire a new piece for the trenches, whether that comes from receiving a lower pick(s) in the first round or a veteran from a team that is looking to move up in the draft and get their hands on one of those coveted quarterbacks.

Or they could keep the pick and take the best talent available that isn't a quarterback, which just so happens to address another notable need on offense.

Penn State running back Saquon Barkley is the most explosive offensive talent that will be featured in this year's draft class and would be a significant upgrade for the Giants at the position. Orleans Darkwa showed flashes of being an every-down back at times in 2017, but the playcalling

and offensive line prohibited the Giants from gaining any sort of momentum in the ground game as they ranked 26th in the NFL in 2017.

And while it might be considered harsh to not give Darkwa a legitimate shot at the starting job, Barkley provides the prospect of being a cornerstone of an explosive offense that would take pressure off Manning and potentially add the same kind of playmaking ability that comes with the likes of Odell Beckham Jr.

Over the past two years at Penn State, Barkley averaged over 102 rushing yards and 1.6 touchdowns per game playing a majority of his games against a Big 10 conference that featured imposing defenses like Ohio State and Michigan.

At 5-foot-11, this is a running back that possesses blazing speed and an acute agility that makes it seem as though the opposing defense is attempting to tackle shadows. However, it does not matter how nimble he is unless the Giants rebuild the offensive line. If they manage to do so and decide to draft Barkley, the Giants' offense all of a sudden could be looking like a dangerous bunch.



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# Taking a look at the Yankees' options at second base in 2018

New York acquired Danny Espinosa as another option at the position on Monday.



**JOE PANTORNO**  
[joe.pantorno@metro.us](mailto:joe.pantorno@metro.us)

On paper, the New York Yankees have one of the most imposing lineups in baseball after the signing of Giancarlo Stanton earlier this winter. Adding to an already stacked order that contains Aaron Judge and Gary Sanchez, these maturing Baby Bombers are one of the early favorites to win the World Series in 2018.

There are still some corners of the team that need to be addressed, though. Most notably the situation at second base as the team is clearly looking for other options, whether it be temporary or not.



Danny Espinosa is expected to compete for the Yankees' starting job at second base this spring. **GETTY IMAGES**

The Yankees and veteran Danny Espinosa agreed to a deal on Monday that will see the second baseman brought to camp as a non-roster invitee where he will compete for the starting job.

Over his eight years in the big leagues, the 30-year-old Espinosa has been wildly inconsistent offensively. While he has never hit for average, hold-

ing a .221 career mark, Espinosa answered a 2016 season with the Washington Nationals in which he hit a career-high 24 home runs with 72 RBI with a no-magic, anemic 2017.

Espinosa appeared in regular-season games for three different teams last year, the Los Angeles Angels, Seattle Mariners and Tampa Bay Rays, batting .173 with six home runs and 31 RBI in a combined 93 games. He was just one of four players in Major League Baseball last year who had over 200 plate appearances with an OPS+ of 50 or lower (43).

Then comes the strikeout problem.

Espinosa has a 162-game average of 175 strikeouts, including a league-leading 189 punchouts in 2012 with the Nationals. This is a Yankees lineup that already contains Judge, the only player in the majors who struck out over 200 times in 2017. Adding a player with similar strikeout rates would prove incredibly problematic.

Regardless, his name

will be put into the mix at second alongside Ronald Torreyes, Tyler Wade and Gleyber Torres this spring.

Torreyes performed admirably last year during Starlin Castro's injury absence and later as a utility infielder. While he doesn't provide much power, he hit .292 in 108 games while committing just a pair of errors in almost 200 chances at second base.

Wade struggled to impress in his limited stint in the majors last year after making his big-league debut in late June. He batted just .155 with a pair of RBI in 30 games and should be expected to play the utility-man role if he makes the roster at all.

Torres, the Yankees top prospect, is expected to take over at either second or third once he gets his call-up to the majors. The 21-year-old is the fifth-rated prospect in all of baseball despite currently recovering from Tommy John surgery on his non-throwing arm. Even if he is healthy and excels at spring training, the Yankees might not include Torres on the Opening Day roster.

If the Yankees hold Torres in the minors for the first 16 days of the season, they would ensure that he does not accumulate a year of service in the majors for this season. This would all but ensure that Torres remains under Yankees control until 2025 instead of 2024. Meaning that whoever gets the nod at second to start the season might not be there for long.

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Arthur Nicholas Terranova, Esq.,  
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SHELDON MAY & ASSOCIATES  
Attorneys at Law  
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Arthur Terranova, Esq. Referee  
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- \* FINANCIAL PROBLEMS
- \* WIFE AND HUSBAND PRO
- \* CHILDREN MISTAKES
- \* COURT CASES
- \* NIGHTMARE
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**Across**

- 1 Expedite
- 6 Mix it up
- 10 Poor review
- 13 Ticket info
- 14 Chili con --
- 15 Prospector's find
- 16 Computer-chip maker
- 17 Outlying community
- 18 Luau souvenir
- 19 Percolated
- 21 Slackening off
- 23 Dressing-down
- 26 Where Bryce Canyon is
- 27 Thunder god
- 30 Tarzan's friends (2 wds.)
- 33 Lowest ebb
- 35 Economize
- 36 Robberies
- 38 Showy lilies
- 42 Wishes for
- 46 Works a cure
- 47 Murmured
- 50 Inventory wd.
- 51 Faculty honcho
- 52 Move out
- 54 Varied within certain limits
- 57 Corrected a manuscript
- 61 Arith. mean
- 62 Used a doormat
- 65 Video-game pioneer
- 66 Round veggie
- 67 Writer -- Zola

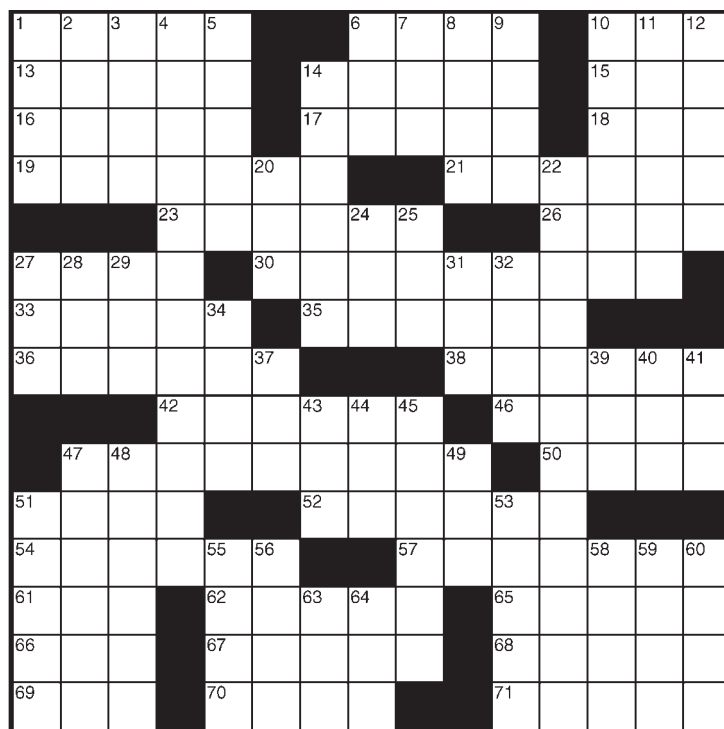
- 68 Sir, in Mumbai
- 69 Do the wrong thing
- 70 Ridge of rock
- 71 Ladies of Paris

**Down**

- 1 Weigh anchor
- 2 Knotty wood
- 3 This, in Tijuana
- 4 Astonishing
- 5 Metropolis of India
- 6 Jazz instrument
- 7 Capote nickname
- 8 About (2 wds.)
- 9 Melodious -- McEntire
- 10 Courteous
- 11 Fight locales
- 12 Horse sound
- 14 Evergreens
- 20 Unit of work
- 22 Additional
- 24 Last mo.

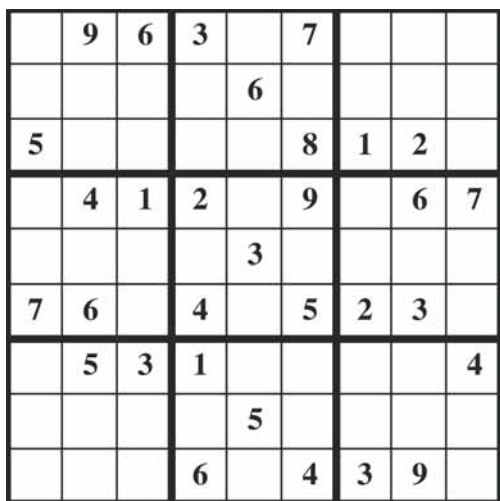
- 25 Auricle
- 27 HBO alternative
- 28 Derisive snort
- 29 Shelley offering
- 31 Twitch
- 32 Memsahib's servant
- 34 Motorist nos.
- 37 Maple syrup base
- 39 Youngster
- 40 Hirt and Gore
- 41 Compass dir.
- 43 Gun the engine
- 44 Firearms org.
- 45 Withdraw
- 47 Loom user
- 48 Jet garage
- 49 Water barrier
- 51 Arrange gracefully
- 53 Back-comb hair
- 55 Pitcher
- 56 Two nickels
- 58 Wonka's creator
- 59 Huron neighbor
- 60 Claims
- 63 Slapstick missile
- 64 Folkloric being

## metro.us/crossword

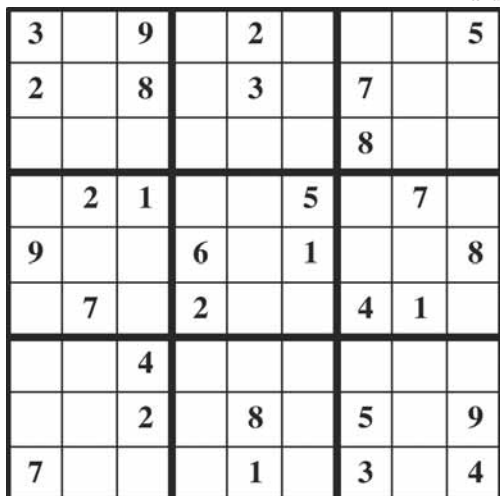


## metro.us/sudoku

easy



hard



## metro.us/horoscopes



**Aries** Participate in adventures that entice you. Greater physical activity will encourage positive change in all aspects of your life. Romance will improve your day.



**Taurus** Emotions will be difficult to set aside when it comes to your relationships. Be careful whom you trust and protect your heart from those playing mind games with you.



**Gemini** Make adjustments at home or at work that will give you the confidence to push forward. Love and romance are highlighted and will improve your personal life.



**Cancer** Making personal changes or spending money on products that promise the impossible will all be a disappointment. You are best off focusing on personal growth.



**Leo** Emotions will be running high, and if channeled properly will help you reach the winner's circle in record time. Don't get sidetracked by what others are doing.



**Virgo** Keep a close watch over current economic trends and your investments. A change could lead to an unexpected loss if you aren't well informed. Don't act in haste.



**Libra** Do something special for a loved one. Nurture relationships and find solutions instead of letting differences put a wedge between you and someone you care about.



**Scorpio** Listen, observe and take notes. You may know what you want, but if someone tries to block you, the information you gather will help you bypass trouble.



**Sagittarius** You'll be energized if you take on a physical challenge. Strive to improve your health and physical appearance. The results you get will boost your confidence.



**Capricorn** You can offer someone assistance, but don't let anyone take advantage of your kindness and generosity. Make sure you get something in return for your hard work.



**Aquarius** Express your feelings and discuss your personal plans with the people whom your decisions will affect most. Pay close attention to detail.



**Pisces** Your energetic approach to work will help you gain acceptance, as long as you don't make promises you cannot keep. Keep your expectations realistic. **EUGENIA LAST**



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<sup>†</sup>Mobile optimized: video streams at up to 480p+ resolution, music at up to 500kbps, streaming cloud gaming at up to 2mbps.  
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